



# Try-It Madawaska Valley!

**The Township of Madawaska Valley & local instructors are offering FREE "Drop In & Try-It" fitness classes in Barry's Bay and Combermere from May 31 – June 16.**

**With the help of ParticipACTION we want to provide opportunities to get those in our community moving!**

**Drop in on any class for FREE, try something new, and have fun!**

## **Paul J. Yakabuski Community Centre**

**Fri, May 31**

6:00-7:00pm

Zumba with **Kim Shalla**

**Mon, June 3**

9:30-10:30am

Fitness for Everyone with **Dorothy Wilson**

**Tues, June 4**

7:00-8:00pm

Fun Fitness with **Norma Woods**

**Wed, June 5**

12:00-1:00pm

Fitness Class - **Linda Purves**

**Thurs, June 6**

6:00-6:30pm

Zumba for Kids with **Kim Shalla**

**Fri, June 7**

10:00-11:00am

Breathing Meditation for Health,

Wellness & Longevity

**Live Life Better**

**Mon, June 10**

7:00-8:00pm

Fun Fitness with **Norma Woods**

**Wed, June 12**

12:00-1:00pm

Fitness Class - **Linda Purves**

**Fri, June 14**

10:00-11:00am

Qigong for Energy Development & Healing

**Live Life Better**

## **Combermere Recreation Centre**

**Tues, June 4**

10:30-11:30am

Tai Chi with **Karen Weaver**

**Fri, June 7**

10:00-11:00am

Breathing Meditation for Health,

Wellness & Longevity

**Live Life Better**

**Tues, June 11**

10:30-11:30am

Tai Chi with **Karen Weaver**

**Fri, June 14**

10:00-11:00am

Qigong for Energy Development & Healing

**Live Life Better**

More dates maybe available for other interested instructors

Contact **Stephanie Plebon** Recreation & Community Development Coordinator for more information

[recreation@madawaskavalley.ca](mailto:recreation@madawaskavalley.ca)



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The active app for everyone.



**Track your active minutes on the ParticipACTION app for a chance to win monthly prizes and a chance to win \$20,000 for our community.**